

# Embrace the power of control



## Aetna Summit<sup>SM</sup> for groups

### Employee Assistance Programme

Staying on top of the demands of work, family and finances can be challenging. Our Employee Assistance Programme (EAP) helps employees stay productive in the workplace while taking care of personal issues. This programme gives your employees access to confidential counselling from behavioural health experts in 180 countries around the world. It is made possible through collaboration between our in-house experts, based in the United States, and our global partner, WorkPlace Options.

#### Aetna Summit<sup>SM</sup> 2500

Online self-help programmes and telephone counselling

#### Aetna Summit<sup>SM</sup> 4000, 5000, 5000+

Online self-help programmes, telephone and in-person counselling

#### Help for everyday living

- Improving family communication
- Achieving work life balance
- Coping with life changes
- Managing stress
- Surviving the loss of a loved one
- Living with anxiety or depression
- Addressing substance use
- Handling bullying and harassment
- Managing workplace pressures
- Navigating couples challenges
- Tackling parenting concerns
- Caring for an older person

#### Free, confidential support

- ✓ Up to five free counselling sessions per concern, per year
- ✓ Multilingual, worldwide support around the clock
- ✓ Telephone support from behavioural health experts
- ✓ In-person sessions for members on select plans
- ✓ Referral to legal and financial resources
- ✓ Easy access through Aetna Member Services

**Every day has its challenges. Aetna Summit\* is here to help people meet them. Talk to your sales representative for more information.**

*The power to take control*  
**Discover Aetna Summit<sup>SM</sup>**



Choice



Comfort



Care



Control



Convenience

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